

ANNUAL REPORT



**The Alzheimer Society of
Peterborough, Kawartha
Lakes, Northumberland, and
Haliburton**

18-360 George Street
Peterborough, ON
K9H 7E7
(705) 748-5131

2021-2022

alzheimer.ca/pklnh

MISSION

Improving the quality of life for those affected by Alzheimer's disease and other dementias.

info@alzheimerjourney.ca

705-748-5131

OFFICE LOCATION

18 - 360 George Street North
Peterborough, ON K9H 7E7
(lower level of Peterborough Square)

Monday - Friday 9:00 am - 4:00 pm

Toll free: 1-800-561-2588 (Ontario only)
Fax: 705-748-6174





E.D. STATEMENT

I'm so pleased to share our 2021-2022 Annual Report with you. Our focus in 2021-2022 was to be flexible to meet the needs of our clients. As vaccination rates grew and COVID rates dropped, we were able to provide in-person programs and services for part of the year. This return to being face-to-face was a great relief for both staff and clients. But during renewed waves of COVID we were back to virtual programming and support services.

It has been terribly difficult for our staff to be limited in the amount of help they are able to provide. Our clients, unfortunately, often needed more support than we were able to give. Nevertheless, I'm proud of and grateful to our staff for their dedication to supporting our clients in whatever way possible. We now have the benefit of a brighter outlook for the coming year and the relief is palpable as our office once again re-opens.

For all stakeholders reading this document, please accept my thanks for your devotion to furthering our mission. As we face an increase in demand for our services, I am comforted to know that you're standing with us. The past year has been a struggle, but now (surely now!) the wind is at our backs.

- Andrea Cant, Executive Director

Alzheimer Society

PETERBOROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTON

2021 Year at a Glance

10,740

people in our region with a form of dementia. Including care partners and families that's over 100,740 people directly impacted

176

people left dementia at the door and joined our Minds in Motion programming this year



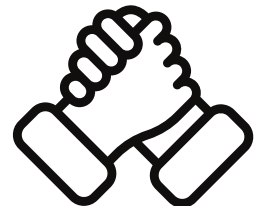
3,106,759

steps were taken over the course of the 2021 IG Wealth Management Walk for Alzheimer's! All in support of our local community.



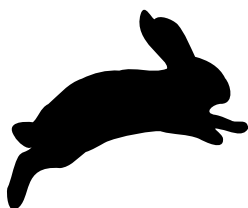
48

memory clinics attended to aid with diagnosis



13

**bunnies fostered and
snuggled through our
day program**



1577

**people who knew there
was a person to call
when they needed to
talk about dementia**



20

**compassionate people
volunteered their time to the
Alzheimer Society**



1290

**people participated in 50
educational courses and
workshops**



Alzheimer Society

PETERBOROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTON



The very sudden shut down of services due to the pandemic was a difficult period for our staff. So much of the support we provide requires bringing people together in the same room. No more home visits, exercise classes, education workshops, support groups, social or fundraising events. Staff were told to go home and begin the work of figuring out how to move services online.

For Jenn Stubbert, Minds in Motion Coordinator, the transition was scary. "I'm not a techy person. And I'm very touchy feely. So to go from being in person, to then going virtual, it was quite hard. There were so many people we wouldn't be able to reach because they weren't able to use the technology," Jenn said. But of course we had no choice.

"Quite frankly, I think it helped us survive the pandemic."

Jenn had to become an expert in Zoom in order to teach Minds in Motion participants how to use it. She had to lend out devices. She had to figure out how to get her whole body on camera so the viewers could see what she was doing. And that meant putting up a sheet as a background so her black pants wouldn't get lost in the black couch.

There was a learning curve for Minds in Motion participants as well but overall the transition was smooth.

"We didn't have any difficulty going on Zoom. We put in our numbers and there we were face-to-face with everyone," said Dollores Wadden.

Dollores and her husband Don ended up joining the virtual Minds in Motion classes every day they were offered through the pandemic. "I loved it, actually. Quite frankly, I think it helped us survive the pandemic. We joined Monday, Tuesday, Wednesday, Thursday. We did that every day. It gave you a purpose, having somewhere to go even though you aren't going anywhere."

As time went on, our staff figured out ways to continue to support people while maintaining a safe distance. And some benefits emerged. Those who had difficulty joining in-person programs now had access to services.

For Jenn, she found that people from all over our catchment—people who would never have otherwise met—were socializing and becoming friends. At the top right is a picture of Pat and Bruce from Peterborough who gifted an apple tree sapling to their new Minds in Motions friends, Don and Dollores from Port Hope.



Pat and Bruce



Don and Dollores



GIVING BACK

Norm Savage was a man with a large personality – his presence and his laughter filled the room.

"That's why I called him Stormin' Norman!" said Denise Driver, Norman's Client Support Coordinator (i.e., Dementia Coach). "Here was this big, robust man sitting in his support group with these older women and talking about his feelings and being vulnerable with them. To me his willingness to do that for so many years was an expression of his love for Muriel. He wanted to be the best caregiver he could be."

As dementia progresses, sometimes language can become a barrier for communication.

"But music and song are stored in a different part of the brain," said Denise. When Norm learned that singing would help him to connect with Muriel, he sang all the time. "He would come into her room singing, and she would immediately be engaged. If she was sad he would sing her a happy song and she would become happy."

Norm's son Rob told us that Norm was the primary care partner for his wife Muriel for many years, and that Norm realized early on he had a lot to learn. He found what he needed at the Alzheimer Society.

"Everything he learned about caring for Muriel, he learned from the Alzheimer Society. He was incredibly grateful for that."

During Norm's lifetime he was a donor and supporter of the Alzheimer Society – he knew the value of supporting the local Alzheimer Society because he saw firsthand the impact of his donations.

Norm put a lot of thought into his will and how he could help people once he was gone.

"Donating to charities was really important to my dad," says Rob.

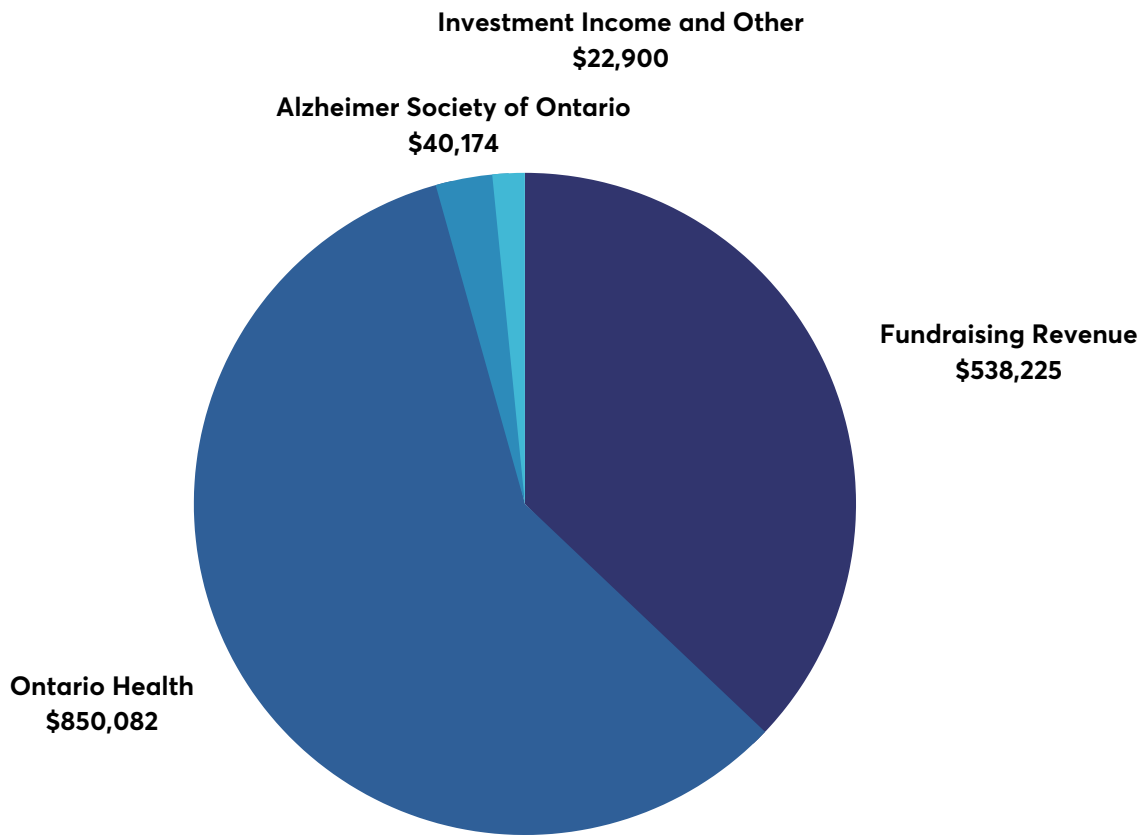
Norm put a lot of thought into his will and how he could help people once he was gone. He chose four local charities to support with a bequest, including the Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland and Haliburton.

Norman's bequest came to our Alzheimer Society at a critical time: when the pandemic made the need for support greater, but donations were down. His gift helped to fund virtual programs, which included the occasional online sing-along – no doubt Norm would have approved.

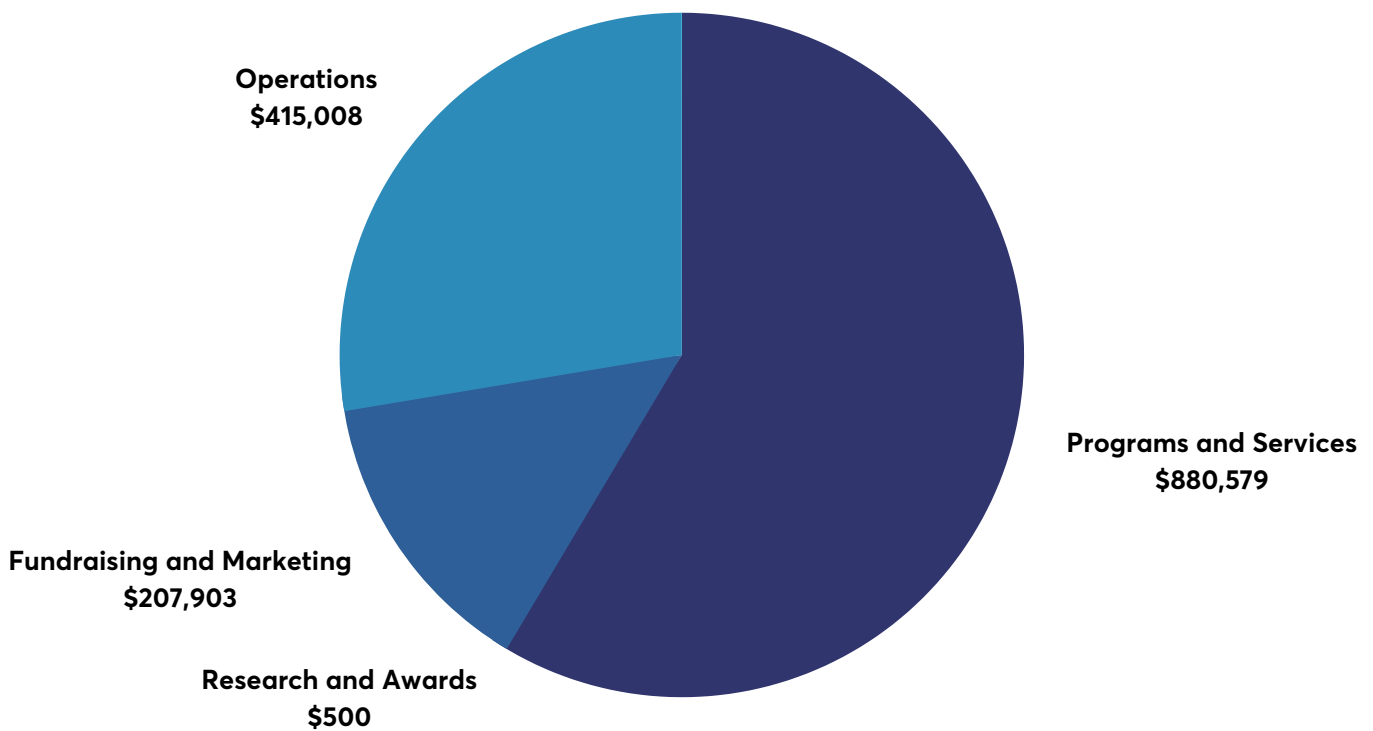
Rob remembers how much his father liked to help people.

"He would be happy that his story might inspire other people to leave a gift in their will to charity."

REVENUE



EXPENSES



STAFF

Allie Grady	Education Coordinator (until 05/22)
Allison Walsh	Minds in Motion Coordinator (until 08/21)
Andrea Cant	Executive Director
Anne-Marie Peters	Social Worker/Memory Clinics (until 11/21)
Bonnie Fitzgerald	Client Support Coordinator
Carolyn Hemminger	Office Manager
Casey Robichaud	Intake Coordinator
Clay Pearn	Communications Associate
Cortni Buchholz	Client Support Coordinator
Danielle Vernon	First Link Care Navigator
Denise Ansell	Support Program Manager
Jayne Barber	Donor Relations Support
Jennifer Gooderham	Client Support Coordinator
Jen Johnstone	Donor Relations Manager
Jenn Stubbart	Minds in Motion Coordinator Lead
Jennifer Watson	Day Service Assistant
Joanne Berry	Day Service Coordinator
Kris Van Luven	Education Coordinator
Leslie Parham	Executive Director (until 06/21)
Lisa Hughes	First Link Care Navigator (until 06/21)
Lorraine McCallum	Donor Relations Associate
Meagan Smith	Social Worker/Memory Clinics
Melissa Foster	Minds in Motion Coordinator
Ryan Arnold	Donor Relations Coordinator
Sara deRuiter	Client Support Coordinator
Sarah Cook	Education Program Supervisor
Shelby Barrie	Education Coordinator (Mat Leave)
Susan Simmons	Vol/Friendly Visiting Services Coordinator
Talia Nepotiuk	Client Support Coordinator (until 02/22)

BOARD OF DIRECTORS

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Toni Morrissey	Director



Ontario Trillium Foundation

Our fund development team was awarded a grant from the Ontario Trillium Foundation to help recover financially from pandemic revenue losses. The grant was used in part to hire a communications associate to develop new avenues for communicating with clients and increased the effectiveness of fundraising communications.

Thank you, OTF!!

Ontario
Trillium Foundation



Fondation Trillium
de l'Ontario

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